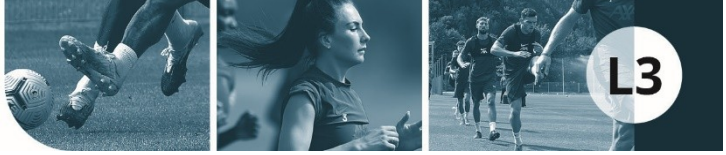
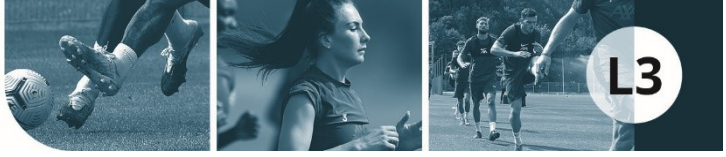


BTEC Assignment Brief

Qualification	Pearson BTEC 3 International Level 3 Qualifications in Sport
Unit number and title	**27: Sports Psychology**
Learning aim	B: Explore the relationship between stress, anxiety, arousal, team dynamics and sports performance
Assignment title	A presentation exploring the relationship between stress, anxiety, arousal, team dynamics and sports performance
Assessor	
Issue date	
Hand in deadline	

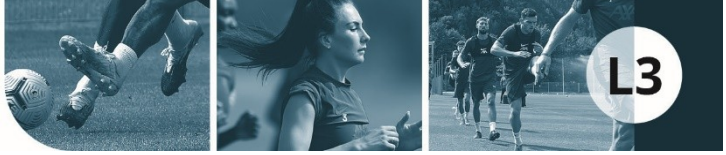
Vocational Scenario or Context	You have been volunteering as a coach at a local football club. You have noticed that some of the players respond differently to your coaching styles and some players seem to lose their confidence and skills when playing in competitive games. You want to investigate why the football players are responding so differently in coaching sessions and to a competitive game and explore what you as a coach can do to help them as individuals and perform better as a team.
Task 1	A presentation about the relationship between stress, anxiety, arousal, team dynamics and sports performance In your presentation you need to explain and analyse the theoretical principles surrounding the impact that stress, anxiety, arousal and team dynamics have on individual performers and sports teams. You should structure your presentation into three separate sections as outlined below. Each section should evaluate the impact that stress, anxiety, arousal and team dynamics have on individual performers and sports teams. A summary of the suggested content for each section follows: **Section 1: Stress, anxiety and sports performance** **Stress** • Types (eustress and distress) • Causes (internal, external, personal, occupational, sports environments) • Symptoms (cognitive, somatic, behavioural) • Effects on sports performance (nervous system responses, negative mental state, loss of self-confidence and concentration) **Anxiety** • Types (state and trait anxiety)



	• Cause (negative effect of stress) • Symptoms (cognitive, somatic, behavioural) • Effects on sports performance **Section 2: – Arousal and the impact on sports performance** • Theories (drive theory, inverted U hypothesis, catastrophe theory, individual zones of optimal functioning) • Effects on sports performance **Section 3: Factors which influence team dynamics and performance in team sports** • Team processes (teams of group development (Tuckman), Steiner's model of group effectiveness, Ringelmann effect, social loafing, interactive and coactive teams) • Cohesion (task and social cohesion, creating an effective team climate) • Factors affecting cohesion (environmental, personal, leadership and team factors, relationship between cohesion and performance) • Leadership qualities and behaviours (prescribed versus emergent leaders, theories of leadership, styles)
Checklist of evidence required	A presentation evaluating the psychological influences on sports performance covering the following theoretical areas: • Stress and anxiety, their theories and impact on sports • Arousal and its impact on sports performance • Factors which influence team dynamics and performance in team sports

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
B.P3	Explain stress and anxiety, their causes, symptoms and effect on sports performance.
B.P4	Explain theories of arousal and their effect on sports performance.
B.P5	Explain factors which influence team dynamics.
B.M2	Analyse how stress, anxiety and theories of arousal affect sports performance.
B.M3	Analyse factors which influence team dynamics and performance in team sports.
B.D2	Evaluate the impact that stress, anxiety, arousal and team dynamics have on individual performers and sports teams.

Sources of information to support you with this Assignment	Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010) ISBN 9781846906510 Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541



	Burton D and Raedeke T D – Sport Psychology for Coaches (Human Kinetics, 2008) ISBN 9780736039864 Cox R – Sport Psychology: Concepts and Applications 6th Edition (McGraw-Hill, 2007) ISBN 9780071106429 Weinberg R S and Gould D – Foundations of Sport and Exercise Psychology 4th Edition (Human Kinetics, 2007) ISBN 9780736064675 **Journals** Applied Sport Psychology International Journal of Sports Science and Coaching Journal of Applied Sport Psychology **Websites** BBC Sport www.bbc.co.uk/sport British Association of Sport and Exercise Sciences www.bases.org.uk Istadia www.istadia.com Mind Tools www.mindtools.com
Other assessment materials attached to this Assignment Brief	